

RELEASING YOUR LIMITING BELIEFS

Dig as deeply and answer as honestly as you can.

What are the positive benefits of this weight? What are the positive benefits of staying the same or continuing this behavior?

What negative things that would happen if you were to release the unwanted weight, or finally master your emotional eating.

FINE TUNING QUESTIONS

I can't lose weight because...

I want to lose weight but can't because...

I can't master my emotional eating because...

I can't master my stress, binge, or over eating because...

BELIEF TO DISPUTE

BELIEF YOU
WANT TO
REMOVE

Write as many as you can...

Proof this IS NOT TRUE

BELIEF TO PROVE

BELIEF YOU
WANT TO
INSTALL

Write as many as you can...

Proof this IS ABSOLUTELY TRUE